



## 2016-2017 Garage Games Junior Champions`

### Standards v1.22

#### Body Weight Movements

##### **Bar Muscle-Ups**

Athlete starts by hanging from bar with full extension of the elbows and shoulders. The movement finishes with the athlete above the bar with full extension of the elbows.

##### **Bear Crawl**

Athlete must crawl using the palm of hands and bottom of feet in contact with the ground. Crawling on knees or any version of standing (ex. not using arms) is not allowed.

##### **Burpees Over Barbell**

The athlete must be parallel to the barbell at the bottom position, with the athlete's chest and hips touching the ground. The athlete must come to their feet and must jump over the barbell with two feet to the other side where the athlete will start the next rep. You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. Do not need to fully extend hips during jump.

##### **Box Jumps**

Every rep must begin with both feet on the floor. The rep finishes with both feet on top of the box and the hips and knees fully extended while in control on top of the box. Athletes may jump or step up as long as both feet start on the ground and both feet end on the box in control. Note: Elite Teen (16-18) division does not allow step-ups.

##### **Double-unders**

These are standard double-unders with the rope passing twice around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear under the feet twice during the jump. Attempts where the rope catches before clearing twice do not count. You are permitted to use your own rope.

##### **Single-unders**

These are standard single-unders with the rope passing once around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear once under the feet during the jump. Attempts where the rope catches before clearing once do not count. You are permitted to use your own rope.

##### **Hanging Knee Raises (High Knees)**

Hang from pull-up bar with palms facing away from body. Raise knees together above parallel of the thigh. Lower knee with full hip and leg extension so that feet go behind the vertical plane of the pull-up bar.



## 2016-2017 Garage Games Junior Champions`

### **Knees to Elbows**

Hang from pull-up bar with palms facing away from body with shoulders and arms fully extended. Bring knees and elbows together so that both knees touch the elbows or upper arms just above the elbows simultaneously. Lower knee with full hip and leg extension so that feet go behind the vertical plane of the pull-up bar.

### **Toes to Bar**

Hang from pull-up bar with palms facing away from body with shoulders and arms fully extended. Bring both feet together so that toes (top of shoe and bottom of shoe ok) touch the bar in between the hands simultaneously. Then revert back to the hang position with shoulders and arms fully extended and feet passing through (to the rear) of the vertical plane of the bar.

### **Sit-ups**

Performed with an abmat on the floor, this movement requires full range of motion to count as a good rep. At the bottom of the rep, the shoulder blades should touch the ground and the arms should be over the head with hand touch to the ground. At the top of the sit-up, the upper torso should be upright enough so that the shoulders are over the hip crease. Judges will look for armpits over the hip crease to determine proper ROM at the top of the movement. Swinging the arms during the movement is allowed. Yoga mats are allowed as long as they are laid out flat under the athlete's buttocks and legs and do not give an undue advantage to the athlete.

## **Weighted Movements**

### **Clean and Jerk**

In this movement, the barbell goes from ground to overhead in two distinct movements – a clean (ground to front rack) and a jerk (shoulder to overhead). In the first portion of this movement, the bar must start on the floor and be brought to front rack position by power clean or squat clean. The second part of this movement requires the athlete to move the bar from front rack to overhead with arms fully locked out and behind the ears. Hips and knees should be fully extended in the overhead lockout position. The athlete must show control of the bar in the lockout before returning the bar to the ground. The athlete may use any of the following methods to bring the bar from front rack to overhead – push press, push jerk or split jerk. *Safety Note: Athlete should not drop the bar from above the waist unless bailing out of a bad lift.*

### **Deadlift**

The barbell or kettlebell begins on the ground and must touch the ground between each rep. The athlete's knees and hips must be extended at the top, with the shoulders behind the bar or kettlebell. The athlete's hands must be outside their knees if using a barbell but shall be inside their knees when using a kettlebell. *Safety Note: Athletes should use proper technique when performing the deadlift. Judges will stop an athlete if an unsafe condition persists.*



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### **Farmer's Carry (uneven)**

Athlete carries a bumper plate in one hand using a pinch grip. No other method of holding or carrying the plate is authorized. Athlete may alternate hands between each carry but should not change during carry.

### **Kettlebell swing:**

At the top of the swing, the kettlebell must be centered over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels. There is no requirement for flexing the knees, although it is highly recommended in order to generate power for the swing.

### **Hang Snatch**

The movement starts at or below the knee and the bar travels up thighs/torso before being "flipped" to overhead position (no reverse curls). Movement ends with bar in the overhead position with the arms locked out. The hips and knees should be fully open and the bar over the heels. Youth using PVC may be "no-rep'd" for reverse curls.

### **Snatch**

This is a standard snatch or power snatch in which the barbell moves from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. A clean and jerk is not permitted. For this movement, the bar must start on the ground (every rep must start on the ground). Touch and goes are permitted however bouncing the bar is not allowed. The movement ends with the bar overhead, arms fully locked out, hips and knees fully extended and the bar is over the athlete's heels. Safety Note: *Athlete should not drop the bar from above the waist unless bailing out of a bad lift.*

### **Weighted Lunges**

In all the divisions the weighted lunge should be performed by placing one foot/leg in front of the athlete's body with the trailing knee touching the ground. Athletes may do a walking lunge or lunge in place (L+R=2) as long as there is full hip extension at the top of the lunge. Weights are held during the lunge as prescribed below.

Youth (7-9 and 10-12) – weight can be held anyway athlete desires as long as it is in the athlete's control. For example athlete can hold weight against the chest or over the shoulder.

Teens (13-15 and 16-18) – weight is held over the head with arms locked out.



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### WoDs

#### WoD 1 – Snatch a Burpee

8' to 10' time cap based on division

Scoring: This is an upward ladder for reps. The total number of reps completed when the time cap is reached is the score.

Notes: Box step-ups are allowed in all divisions.

Upward Ladder **3-6-9-12-15-18-21-24.....**

Youth (7-9)	<i>8' time cap</i> hang snatch burpee over bar	weighted PVC (5 to 6lbs)
Youth (10-12)	<i>8' time cap</i> hang snatch burpee over bar	15# bar
Teen (13-15)	<i>10' time cap</i> hang snatch burpee over bar	45#/35# bar
Teen (16-18)	<i>10' time cap</i> snatch burpee over bar	95#/65# bar
Elite Teen (16-18)	<i>10' time cap</i> snatch burpee over bar	115#/85# bar



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WoD 2a – Clean & Jerk (for Teen 16-18 and Elite Teen 16-18 divisions only)

5' time cap

Scoring: Greatest load lifted successfully with proper technique and meeting prescribed standards.

Athlete has 5 minutes to get 1 rep maximum clean and jerk. Athlete must demonstrate proper technique and knowledge of the movement. Athlete will be responsible for changing his or her own weights. Judges cannot assist with this. For safety purposes, judges may prohibit athlete from lifting weight in an unsafe manner.



## 2016-2017 Garage Games Junior Champions`

### WoD 2 – Swing, Jump & Carry

12' time cap

Scoring: Score is time completed if entire WoD is finished before the time cap. Otherwise the score is the number of reps completed by the time cap.

Youth (7-9) 5 RFT	Buy in: 25m bear crawl 10 deadlifts 40' farmer's carry 10 box jumps 40' farmer's carry	18# kettlebell 10# plate 20"/20" box 10# plate
Youth (10-12) 7 RFT	Buy in: 25m bear crawl 10 deadlifts 40' farmer's carry 10 box jumps 40' farmer's carry	36# kettlebell 15# plate 20"/20" box 15# plate
Teen (13-15) 7 RFT	Buy in: 25m bear crawl 15 kettlebell swings 40' farmer's carry 15 box jumps 40' farmer's carry	1pd/0.5pd kettlebell 25#/15# plate 24"/20" box 25#/15# plate
Teen (16-18) 7 RFT	Buy in: 25m bear crawl 15 kettlebell swings 40' farmer's carry 15 box jumps 40' farmer's carry	1.5pd/1.0pd kettlebell 35#/25# plate 24"/20" box 35#/25# plate
Elite Teen (16-18) 7 RFT	Buy in: 25m bear crawl 21 kettlebell swings 40' farmer's carry 21 box jumps 40' farmer's carry	1.5pd/1.0pd kettlebell 35#/25# plate 24"/20" box 35#/25# plate



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### WoD 3 – GGJCT Chipper II

12' time cap

Scoring: 1 RFT - This is a chipper for time. Count reps until finished or time cap, whichever comes first.

Youth (7-9)		
1 RFT	10 high knees	
	20 thrusters	weighted PVC
	30 abmat sit-ups	
	40 weighted lunges	10# plate
	50 single-unders	
	40 weighted lunges	10# plate
	30 abmat sit-ups	
	20 thrusters	weighted PVC
	10 high knees	
Youth (10-12)		
1 RFT	10 high knees	
	20 thrusters	15# bar
	30 abmat sit-ups	
	40 weighted lunges	10# plate
	50 single-unders	
	40 weighted lunges	10# plate
	30 abmat sit-ups	
	20 thrusters	15# bar
	10 high knees	
Teen (13-15)		
1 RFT	10 knees to elbows/20 knee raises	
	20 cleans	65#/55# bar
	30 abmat sit-ups	
	40 weighted lunges	15#/10# plate
	50 double-unders/100 single-unders	
	40 weighted lunges	15#/10# plate
	30 abmat sit-ups	
	20 cleans	65#/55# bar
	10 knees to elbows/20 knee raises	



## 2016-2017 Garage Games Junior Champions`

### Teen (16-18)

1 RFT	10 toes to bar	
	20 cleans	95#/65# bar
	30 abmat sit-ups	
	40 weighted lunges	25#/15# plate
	50 double-unders/100 single-unders	
	40 weighted lunges	25#/15# plate
	30 abmat sit-ups	
	20 cleans	95#/65# bar
	10 toes to bar	

### Elite Teen (16-18)

1 RFT	10 bar muscle ups	
	20 cleans	115#/85# bar
	30 abmat sit-ups	
	40 weighted lunges	35#/25# plate
	50 double-unders/100 single-unders	
	40 weighted lunges	35#/25# plate
	30 abmat sit-ups	
	20 cleans	115#/85# bar
	10 bar muscle ups	